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Published by Sun Media Publishing Inc.

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■ **COMMUNITY:** Kinsmen names 2013 Pelham Citizen of the Year

Swan recognized for community dedication

MELISSA MANGELSEN
QMI Agency Niagara

Volunteers work tirelessly behind the scenes, not counting hours worked or kilometres travelled.

David Swan embodies those characteristics, said Pelham Mayor Dave Augustyn.

Swan was presented with the 2013 Pelham Citizen of the Year award at a banquet Tuesday at the Old Pelham Town Hall.

Though the dinner was to honour Swan, he took the opportunity to spread the

message of the importance of volunteering.

"Everyone should give something that strengthens the community they live in. People today seem to be focused on themselves," said Swan. "As long as you're making a contribution, no matter how small, it goes a long way in helping the community."

He accepted the award and said he shared it with everyone in the room and community who volunteers.

One of the challenges service clubs face is the lack of youth volunteers. Swan

has gotten involved with Pelham schools to plant the seed of volunteerism and its importance.

"If you point the young people in the right direction, they will take off. They just need to be engaged," said Swan, who was the 16th Pelham Citizen of the Year recipient.

Augustyn first met Swan in 1998 when he came before town council with a petition to build sidewalks in his neighbourhood.

See SWAN Page A2



MELISSA MANGELSEN/QMI AGENCY NIAGARA

2013 Pelham Citizen of the Year was David Swan. He was recognized during the Kinsmen's annual dinner on Tuesday night.

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LOCAL NEWS

■ SWAN

Volunteerism recognized in Pelham

FROM PAGE A1

"He did a great job at getting in council's face and we agreed. The sidewalks were built," Augustyn said. Swan expanded his vision of a walkable community beyond his own neighbourhood. The town has since installed 12 kilometres of sidewalks.

"Swan was the start of that. He's been persistent in promoting walkability in Pelham," the mayor said. Swan works on the bandsell committee which brings about 2,500 people to Pelham every Thursday throughout the summer for concerts.

"He's made himself the self-appointed traffic officer at these events," Augustyn said with a laugh. "He's always out there moving cars, so that people who have physical challenges are able to park and enjoy the concerts."

Swan has dipped into almost everything in Pelham, from the Peace Park project, Christmas in Pelham, to the seniors committee.

"This winter your backs were saved because the town put forth an initiative to clear all sidewalks in Pelham. People can thank David for that, too. He was really the driving force behind getting this going in the community," Augustyn said.

Because sidewalks couldn't be easily removed, Swan's impact on the community will be felt for many years. "He's always there, dedicated and in your face when he needs to be. We're looking forward to him continuing to be in council's face," Augustyn said.

Each year in Canada about one billion hours of volunteer work is put into communities.

"The arc was made by volunteers, the Titanic was made by professionals," said Kinsmen Brian Iggleden.

■ EMERGENCY: Family wasn't at rural property when blaze occurred



BOB TYMCZYK/ST. CATHARINES STANDARD

A home at 2101 Hansler St. in Thorold was completely destroyed in an early morning fire

Fire destroys 145-year-old farmhouse

BILL SAWCHUK
Standard Staff

A 145-year-old farmhouse burned to the ground in rural Thorold early Wednesday.

The home at 2101 Hansler St. that was destroyed was valued at \$320,000, said Thorold fire Chief Chris Halliday. No one was home at the time.

"What you see now, that's what

we saw when we arrived," he said. "The building is a total loss. The good news is the occupants weren't home when it happened, so there were no injuries."

"At this point, the insurance companies are here and they are bringing in an excavator to knock the chimney down so it doesn't fall on anybody."

Halliday said the likely cause of

the fire was mechanical or electrical. There is no suspicion about the fire's origin.

The charred remains of two cars stood in the driveway near the house.

"It's a tragic situation for the homeowner," he said. "With a house this old, it had full-sized timbers and very dry wood."

"I think the house probably

burned for a couple hours, but nobody saw it. They would have called 911, but this is a rural area. Somebody was driving past at 3 a.m. and that's when it was reported."

The Ontario Fire Marshall was called in to investigate.

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LOCALNEWS

■ COMMUNITY

Pelham recognizes Pink Shirt Day

MELISSA MANGELSEN
QMI Agency Niagara

Pink Shirt Day was recognized Wednesday in Pelham by students, teachers and town staff who wore pink shirts to take a stand against bullying.

Principal Todd Bright said Glynn A. Green School is always proactive with its approach to anti-bullying.

But it is still present at the Fonthill school.

"It would be a lie to say that it doesn't exist here at Glynn A. Green because it does," Bright said. "I don't bury my head in the sand about bullying, when we know about it we deal with it."



Just like those two students, today, and every day, we will continue to take a stand against bullying. We will be supportive and accepting of others and their differences.

We will include, not exclude. We will continue to be a buddy and not a bully."

Beverly Smith, principal at Pelham Centre School



MELISSA MANGELSEN/QMI AGENCY NIAGARA

Students and teachers at Pelham Centre School in Fenwick sported pink T-shirts on Wednesday as part of Pink Shirt Day, which is recognized each year to stop bullying. Back from left: Curt Bruzesse, Grade 8 teacher, Josh Schooley, Grade 7, Emily Shatford, Grade 5, Grace Blair, Grade 7, Elaine Curran, staff. Front, Emily Hendrick, Grade 4, Claire Rabb, Grade 6, Grace Furlong, Grade 8.

two students decided not to be bystanders to bullying. They distributed 50 pink T-shirts after a male ninth grader was bullied for wearing a pink shirt during the first day of school.

"Just like those two students, today, and every day, we will continue to take a stand against bullying," Bev-

erly Smith, principal at Pelham Centre School, said. "We will be supportive and accepting of others and their differences. We will include, not exclude. We will continue to be a buddy and not a bully."

The Town of Pelham also stepped up to raise awareness for anti-bullying

encouraging its staff to wear pink shirts and displaying town vehicles with pink ribbons.

The town also illuminated its arches until Wednesday. Pink Shirt Day was also recognized at E.L. Crossley Secondary School and A.K. Wigg School.

All schools in the Dis-

trict School Board of Niagara are required to develop and implement school-wide bullying prevention and intervention plans as part of its school improvement plan. All incidents of bullying must be reported to the school principal.

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IN BRIEF

LCBO collecting for Lions dog guides

People can help support Lions Foundation of Canada Dog Guides when they pick up wine and spirits.

Donation boxes will be displayed at LCBO checkout counters throughout Ontario from March 2 to 31.

Lions Foundation of Canada provides specially trained dog guides to people with disabilities. Each dog guide is provided at no cost despite costing \$25,000 to train and place.

Six types of guides are trained for various needs: vision, hearing, service, seizure response, autism assistance, and diabetic alert.

Dog Guides is one of 28 provincial and numerous local charities that will benefit from LCBO's province-wide donation box program this year. In 2012, the LCBO raised more than \$6.6 million for charities through special programs and initiatives, of which \$6.1 million was raised through in-store fundraising.

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Pelham NEWS

Published by PelhamNEWS

Sun Media Corp.

228 East Main St. Welland, ON L0S 1E0
Tel: 905-732-2414 ext.246 Fax: 905-732-3660

e-mail: pelham.news@sunmedia.ca

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■ our view

Need your help with Faces of Poverty project

Poverty looks a lot different than what we see on commercials.

It is affecting people in our own towns, neighbours, friends and family.

Ontario announced a higher minimum wage rising from \$10.25 or \$11 per hour, but that isn't enough to get workers above the poverty line.

Many people facing poverty are the working class poor who are make up the 15% making less than \$20,000.

It's the single mother struggling to balance work and taking care of her children, young workers who are just starting out, long-retired seniors whose monthly income doesn't cover rising living expenses and it's the worker not getting paid enough to pay off school loans.

It's the factory worker who finds himself suddenly out of work and stuck paying for an expensive mortgage, car payments and school tuition for his kids.

Of Niagara's children, nearly 16% live in poverty. Of Niagara's residents more than 45% spend more than 30% of their income on rent.

If you think you know the "type" of person using food banks, you're wrong. People struggling to survive and desperate for the

services offered by organizations helping those in need span the diversities of age, culture, occupations, marital status and geographic location.

The face of poverty has morphed - no longer does it only reflect the margins of society.

It's not already you today, it could be you tomorrow. So what can we do about it? As a region? As a community?

As a group of newspapers in Niagara and beyond, we can talk about it. We can raise the profile of the issue and open people's eyes to the realities of poverty all around us.

Over the coming months, you'll have the opportunity to read stories, see videos and listen to discussions as part of our ongoing Faces of Poverty project.

To do this, to slow the true cost of poverty in Niagara, we need your help. We need you to share your experiences and talk through the shame or reservation about the struggles of being poor.

Poverty in Niagara impacts all aspects of our lives from education and children's health to crime and addiction. We need to shed light on a hugely important issue affecting tens of thousands of people in our community. Providing pain and sympathy relief, even proper high doses, is called palliative care, and is not euthanasia. Appropriate

Delayed on the road to your destiny?

JEVIA SAM
Specialist QM Agency/Niagara

Sulolana and I were driving on the QEW toward the Peace Bridge in Port Erie for a shopping foray into the United States one afternoon. We had carefully checked traffic reports and border crossing times to ensure that we could get to the Walden Galleria without delay.

The drive from St. Catharines to Niagara Falls was a motorist's dream. Very few vehicles, all driving at or above the posted limit of 100 km/hour. Once we got past Exit 30 though, it was a different story. We could see a red streak of brake lights ahead of us. Now we were forced to slow down to 40 km/hour or less.

Quite likely there was an accident somewhere down the line, eh? Sure enough, we saw some flashing lights in the distance that seemed to confirm this suspicion. As we got closer though, we realized that the blue lights were not from police cruisers, but snowplows. Not two, but three behemoth brushers, one beside the other, forcibly removing the snow off the asphalt.

On and on it was frustrating to slow down. Yet, on the other hand, we realized that this temporary inconvenience

would actually help us move faster as we headed further down the road.

None of us likes to be slowed down as we move towards our destiny. We would rather get there sooner than later. Yet, isn't it true that sometimes we are forced to crawl rather than sprint on this journey?

It is as though God slows us down on one stretch of the highway so we can accelerate as we get closer to our destiny.

Consider the life of the Biblical character Joseph recorded in Genesis 37-41. His dreams clearly painted a destiny where he would be lifted high above the rest of his family.

The journey to stardom did not start out smoothly though. It did! First his brothers threw him in a pit and promptly sold him as a slave. Things did look bright momentarily when he was entrusted with the management of Potiphar's household in Egypt. But when he spurned the advances of his master's wife, he was falsely accused of sexual assault and thrown into prison.

Joseph must have wondered about all these "bad brakes" that were slowing his progress on the road to his destiny—eventually he was doing all the right things.

It was only in retrospect that he could see the purpose behind the delay.

You see, God had to clear the way for him to become prime minister of Egypt; just as the snowploughs had to get the pavement cleared for us to speed into the U.S. The timing had to be just right.

Have you noticed how quickly his promotion came about in a mere matter of minutes, he had moved from the prison to the palace. Wow!

Dear friend, perhaps you too are frustrated at being slowed down in the speedy pursuit of your destiny.

If you, like Joseph, have been doing all the right things, and honouring God every step of the way, then take heart! It could very well be God who has dispatched heaven's snowploughs to pave the way for you to accelerate into your destiny just a short distance down the road... praise God.

"Wait on the Lord, and keep His way, and He shall exalt you to inherit the land" (Psalm 37:34).

Jenna Sam pastors both United Churches in Whitniet Township—Fries Road East & Niagara's Point. He also releases destiny-reading revelations such as this post at www.destinywordoftheday.com

■ readers' views

NEW SITE MAKES SENSE

I have been reading letters to the editor recently that I find to be geographically ignorant. I am not an expert geographer, but I do possess what some might not — topographical maps of Niagara. Perhaps, I can provide some factual data to place the potential new hospital location in perspective.

The distance as the crow flies between the two proposed sites (Hwy 140 and East Main St. versus Lyon's Creek Rd. and Montrose Rd.) is only eight kilometres. By road, it is 10-11 kilometres. The Lyon's Creek Rd. site is only 4.5 km further north than the Hwy 140 site. The Niagara peninsula is about 45 kilometres wide in a north-south line through the proposed Lyon's Creek site. Niagara-on-the-Lake being 25 kilometres north and Crystal Beach being 19 kilometres south of the proposed site. On this line, the proposed Lyon's Creek site is in the "southern half" of Niagara. Both locations have their merits, but close access to the QEW is a compelling positive for the Lyon's Creek site. The new hospital needs to be closest to the two largest population centres it will serve. Since Niagara Falls' population is slightly larger than Welland's population, a slight bias in that direction is rational.

Let's get over this and just build it.

JEFFREY WHITEHALL
WELLAND

EUTHANASIA ISN'T NECESSARY

To withdraw or withhold medical treatment is not euthanasia or assisted suicide. It is allowing a person to die naturally. Providing pain and sympathy relief, even proper high doses, is called palliative care, and is not euthanasia. Appropriate

use of sedation will not hasten death or prevent natural death. Euthanasia is a direct intentional homicide by lethal injection. The person dies from the lethal dose, not from their medical condition. Assisted suicide is when one assists, encourages or prescribes a lethal dose. Countries that have legalized euthanasia show deaths occur without request or consent. Elder abuse is prevalent. Most pain can be controlled and alleviated without legalizing euthanasia or assisted suicide.

WILMA JANSEN
JORDAN STATION

ARTICLE WAS SPOILED

Grant LaFleche spoiled his article on the proposed South Niagara hospital with his insult to those denying evolution, to say they're not looking like lions is disrespectful and unwarranted. As an atheist, Grant doesn't have much choice but to believe in the theory of evolution and we have to be respectful of his opinion. However here are a few "facts" that Grant and others should know: The fossil evidence from thousands of years ago shows not a trace of evolution. Animals and man seem to have suddenly appeared. The origin of life is the Achille's heel of evolution since scientists have shown that the chances of assembling even one living cell is virtually impossible. Many prominent scientists have come to the conclusion that there is an intelligent designer behind all creation. Michael Denton, a molecular biologist says that "Evolutionary theory is still, as it was in Darwin's time, a highly speculative hypothesis entirely without factual support." I think Grant needs to study all the facts before making his comments and conclusions. I will respond with

insult, his choice to believe or not to believe. Oh and by the way, a lion is actually the most handsome of all ever living birds. So maybe Grant's intended insult can actually be considered as flattery to those of us who believe in both God and creation.

HARVEY IUTZIER
ST. CATHARINES

A BETTER OPTION

I have been very disturbed by all the talk and plans to abandon the three area hospitals and build a new one near Niagara Falls. Picture this — you live out in one of the rural areas of Welland, Humberstone, Port Colborne, Port Erie or Crystal Beach. There has just been a heavy snowfall and you've had a heart attack or have fallen and been injured. The snowploughs are busy clearing the main roads and have not yet made it to the rural roads. By the time an ambulance can get to you and take you to this new hospital out in the middle of nowhere, you will probably be dead. If such a thing were to happen, I would hope the survivors of the deceased would sue those involved in making the decision to close our existing hospitals. I would like to suggest what I think is a far better location. There is a very large piece of vacant land along the east side of the canal between the old John Deere plant and the old Union Carbide property. I don't know if the city owns it, but I believe it is worth looking into. If by chance John Deere owns it, they might be able to donate it to the city for a good cause and perhaps use it as a tax written-off. "Nothing ventured, nothing gained," but perhaps a lot to be lost.

March will be colder than normal

BILL SAWCHUK
QMI Agency Niagara

Niagara isn't out of the cold yet, not by a long shot.

"It looks like spring is going to be a little bit slower coming this year," Geoff Coulson, a meteorologist with Environment Canada, said.

"The cold is going to hang in."

Every winter tends to have its own story, but this winter, bar none, the story has been the cold. Even in northern Ontario where they are used to cold winters, they are remarking just how cold this winter has been.

After a brief pause in the frigid temperatures Saturday with a high

near zero, the frosty air will be right back with a vengeance. Daytime highs for Monday are expected to be -11°C, well below where they should be.

Harold Plett of St. Catharines braved the cold to test a new lens for his camera by taking photos of ducks at the Port Dalhousie pier.

"Everybody is tired of the winter," Plett said.

"I don't know how those birds stand it in that water. My son lives in California and he just had his first boy in December. He's coming in two weeks and I told him buy a snowsuit."

Joe Price of St. Catharines was walking his dogs.

"It's crazy cold," he said. "I always like the winter, but it's every day. You have to take the good with the bad I guess. I'm tired of shovelling."

The cold conditions are expected to last throughout much of the month of March, Coulson said.

"It's the story province-wide in Ontario," Coulson said. "It's the story on the Prairies. It's the story in the U.S. The one positive sign we could be seeing is the models

only say colder than normal for March.

"The days will be getting longer. The sun will be higher and colder than normal could mean a high of 5°C or 6°C."

Niagara had an average temperature of -5.9°C for February. The average for February is usually -2.7°C, Coulson said.

"What is different about this winter is we have been consistently colder than normal for

November, December, January and February."

"A lot of folks think there has been more snow. Generally snowfall amounts are around where they should be."

"In the Niagara peninsula, you often get 10 centimetres of snow one day and three days later it is 7°C and raining and that snow is gone. It has been consistently cold this winter."

Winter officially ends March 21.

Did You Know that Over 8 Million Canadians Suffer from Poor Digestive Health? Does That Include You?

Imagine that 1 Over 8 million people in Canada suffer from poor digestive health.

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Poor digestive health is characterized by problems such as bloating, gas, constipation, diarrhea and irritable bowel syndrome. People with healthy digestive tracts have lots of beneficial micro-organisms that live in their intestines. These healthy bacteria, called 'flora', play a very important role by improving your digestion and promoting good health.

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If you suffer from digestive problems, you should try Ultimate Flora Ultra Potent - it's the strongest probiotic allowed! Every capsule contains 100 billion beneficial bacteria from 10 healthy strains. Ultimate Flora Ultra Potent is really ideal for chronic digestive issues - including pain, gassiness and bloating that won't go away and for people who are currently using or have recently used antibiotics. We highly recommend it!

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■ **HEALTH CARE:** Different ways to lure family physicians to Niagara

Is there a doctor in the house?

RAY SPITERI
QMI Agency Niagara

He could be making more money as a family doctor in the United States.

But he chose to come home. He was wooed by recruiters in Niagara Falls, who convinced the University of Massachusetts grad to practice in his hometown.

There were places in the U.S. that really did offer a lot better financial situations, but Niagara Falls had the whole package," says Dr. David Rosa, who studied in the U.S. and has been a family doctor in Niagara Falls for the past 25 years.

Rosa works out of an office building with other doctors on Morrison St. He says Dr. David Dec and Dale Morlok, who is in charge of the city's family physician recruitment program, "played a huge role" in bringing him back to the city.

"They helped me set up my practice. They basically told me pretty much everything. It's hard to start a

business and it essentially is a business at first."

Rosa says Morton helped him find medical equipment and office space, as well as colleagues.

NIAGARA FALLS, like many other municipalities, has a shortage of family doctors.

The city has 39 physicians serving 69,327 patients. That leaves 16% of residents without a doctor.

Like several communities, Niagara Falls has a family physician recruitment program to address the shortage. Each year, city council approves money for the program.

Niagara municipalities have established recruitment incentives ranging from a \$5,000 allowance for moving expenses to \$70,000 packages that include cash bonuses.

Rosa says it's "crucial" for municipalities to continue supporting such efforts.

"There's a lot of doctors that, until this program came into effect, were really overlooking Niagara Falls for bigger cities."

Russ Wilson, who oversees a "fairly active" physician recruitment program in Fort Erie as part of his health-care portfolio, says the town is in "pretty good shape," but is not fully staffed with family doctors.

He says there are 13 physicians in Fort Erie covering 80% of the population.

While the town offers financial incentives, Wilson is not so keen to talk about how much money the municipality sets aside for recruitment.

He says the town competes with larger municipalities for physicians and "we all have a different strategy. I need a level playing field. Each year we supplement our reserves for physician recruitment."

Wilson says Fort Erie also recruits medical students and provides them with money to continue their education if they agree to five years of service in the town after graduation.

"We have two in the system right now — one is from Fort Erie."

Some doctors want to practice independently, while others want to be in a group setting, so it's important to be able to offer both options, he says. They also want a good balance between their home and work life.

"Quality of life is a big thing. They want to know: What can the town

offer them? We're an hour away from two major airports, surrounded by water, golf courses and museums. We have nice, affordable pieces of property."

Joanne Ferracoli, health services co-ordinator in Port Colborne, says her city has 10 family physicians, but it's difficult to estimate how many residents don't have a doctor.

She says a lot of people have physicians in neighbouring municipalities, while many don't want to be rostered to a doctor, choosing instead to go to walk-in clinics where they may be seen quicker.

She says walk-in clinics "definitely have their place," but should not be treated as a replacement for a family physician.

"You don't get the preventative care (at a walk-in clinic). You're far better off rostered to a family physician where you can develop that relationship with a doctor."

Rosa agrees. "The continuity of care is not there (with walk-in clinics)," he says. "The benefit of having a family doctor is that doctor knows you from head to toe — your medications, history, family history, allergies. A lot of these are missed in walk-ins. Just knowing your patient well can sometimes be life saving."

Mayor Vance Badawey says Port

Colborne is "fairing pretty well" and attributes that to a "very robust" primary health-care environment.

He says even if the city is unsuccessful in recruiting a doctor, it will encourage them to consider another municipality in Niagara.

Recruiting family doctors is not as competitive as it once was, says Ferracoli. The problem now is being able to guarantee doctors they'll have at least 1,000 patients when they set up a practice.

"We lost one because he didn't have enough patients — he only had 300 patients."

The city is trying to get a handle on demand for physicians and is urging residents who don't have a doctor to call city hall.

"We're working on a list and looking at succession planning," says Ferracoli, noting the city has aging doctors looking to retire soon.

Brian York, manager of economic development and tourism for St. Catharines, says the city has a part-time recruitment program.

The Garden City has 80 family physicians serving 120,000 patients. That leaves about 12,000 residents without a doctor.

York says the program has been successful in recruiting 19 physicians between 2008 and 2012.

He says monetary incentives is not the only driving force behind recruitment anymore. It's also lifestyle and the practice opportunities that are available, pointing to the McMaster clinic on Ontario St.

"Welland followed suit and they're interested in doing the same in the Falls, too, which is great," says York. "Turn-key space will drive (doctors) here."

Craig Stirtzinger, city manager in Welland, says the Rose City recruited seven family physicians between 2006 and 2009. At the time, Welland was about 13 doctors short of what was considered "optimal" population coverage.

He says Welland has benefited from the McMaster Family Health Team on Prince Charles Dr. where doctors provide teaching services as part of their practice.

Students from McMaster University come to practice at the facility with the hope of them wanting to stay for the long term, says Stirtzinger.

The agreement with the university's school of medicine has helped Welland, which was having success in "fits and starts" with its past recruitment program, he says.

"It's definitely helped. We've had a couple doctors leave and be replaced immediately by the McMaster Family Health Team."



TEMPERATURES ARE FALLING

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Tuesday Mar 11 9:30 am - 10:30 am

Walking Club - Everyone is welcome! - Mar 11 and Mar 13

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us Tuesdays at Pelham Arena from 9-10 am and Thursdays at Fonthill Bandshell from 9-10:30 am. For more information, please contact (905) 892-2607 ext. 329.

Arena Programs

Public Skating	Adult Public Skating	Adult/Preschool	Men's Shiny Hockey	Women's Shiny Hockey	Women's Learn to Play Hockey
Friday Mar 7 1:00 - 2:00 pm & 8:00 - 9:30 pm Sunday Mar 9 1:00 - 2:20 pm Tuesday Mar 11 7:30-8:30 pm	Thursday Mar 13 1:00 - 2:00 pm	Tuesday Mar 11 1:00 - 2:00 pm Friday Mar 14 10:00 - 11 am	Tuesday Mar 11 8:00 - 9:00 am Friday Mar 14 9:00 - 10:00 am	Monday Mar 10 10:00 - 11:00 am Thursday Mar 13 10:30 - 11:30 am	Thursday Mar 13 9:30 - 10:30 am
March Break Public Skates: There will be additional Public Skates each weekday of March Break (March 10-14) from 12:00 - 1:00 pm					

"Get Active for Life" Join us at a park near you! Participation is at no charge, but we do require a registration form be submitted.

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 - 11:00 am	Peace Park (Nordic Walking) (Poles available for use.)	Woodstream Park (Walking)	Peace Park (Walking)	Woodstream Park (Walking)	Cherry Ridge Park (Walking)
6:00 - 7:00 pm	Cherry Ridge Park (Walking)	Peace Park (Walking)	Pelham Arena (Walking)	Woodstream Park (Walking)	

For more information, please visit pelham.ca or contact jcook@pelham.ca or call 905-892-2607 ext. 329.

COMMUNITY EVENTS & NEWS

NOTICE OF PUBLIC MEETING re: Development Charges By-Law & Background Study - Wednesday, March 19, 2014, at 6:30 pm, Pelham Town Hall Pursuant to Section 12 of the *Development Charges Act, 1997*, the Town of Pelham will hold a public meeting to present and obtain public input on the Town's development charges by-law and underlying background study. Visit pelham.ca/calendar for details.

Pelham Community Garden Public Open House - Thursday March 6, 2014 from 6:00 pm - 8:00 pm at Old Pelham Town Hall (491 Canboro Rd, Ridgeville)
What do you think, should Pelham have a Community Garden? Have your say! Join us for refreshments and a discussion about gardening a plot or donating your time/resources to create and maintain one. Hope to see you there. Visit pelham.ca/calendar for details.

Farmers' Market Vendor Applications - The Town of Pelham is currently accepting vendor applications for our 2014 Farmers' Market, which will run each Thursday starting May 1st and ending October 30th. Vendor stalls are \$30.00/week or \$200.00/season. Application packages are available on pelham.ca/farmers-market and at Pelham Town Hall.

Summerfest Vendor Applications - It's time to start planning to "Chill on the Hill"! Vendor applications for Pelham Summerfest are now available on pelhamsummerfest.ca.



Pelham Mayor's Gala Tickets Now Available - On Saturday, May 24th, 2014, Mayor Dave Augustyn and community volunteers will host the Sixth Annual Pelham Mayor's Gala at Lookout Point Golf & Country Club. Tickets are "NOW" available and sell out fast! Individual tickets are available for purchase at \$135 each. Partnerships are also available through the "NEW" Mayor's Gala Champions Program. Please contact 905-892-2607 ext. 337 or mtoscher@pelham.ca.

TOWN OF PELHAM MARCH BREAK PUBLIC SKATES

Looking for something fun and active to do this March Break?

Why not join us for our Public Skates Monday through Friday (March 10-14) from 12 pm to 1 pm at the Pelham Arena?

Regular public skating fees apply. Hope to see you there.



LOCAL NEWS

One heart restored

GRANT LAFLECHE
QMI Agency Niagara

The pager has become as much a part of him as his own limbs.

Everywhere Garwin Cockhead goes, the small, black plastic device is clipped to his clothes. For six months, the 52-year-old Niagara Falls man has been waiting to hear it buzz, letting him know a new heart is waiting for him in Toronto.

"It goes everywhere with me. I'll leave the house and forget it, I have to turn around and go get it," Cockhead says.

"It's my lifeline."

But it's one he might soon be able to let go.

Since he suffered a heart attack in 2012, Cockhead has been waiting for the pager to go off. But after six months of rigorous training in the Niagara Health System's cardiac rehabilitation program, his condition has improved so dramatically he might be taken off the transplant list.

"They tell me this is a bit of a grey area in medicine. I could continue to improve, or I could fall back. But their goal is to keep your own heart in as you as long as possible," Cockhead says.

Where once he could barely walk, he is now able to do 40 minutes of cardiac exercise under the supervision of NHS specialists.

"I'm getting back to doing some of the things I used to do," he says. "I really came down to just wanting something better for my life."

Cockhead's medical odyssey



JULIE JOCSAK/QMI AGENCY NIAGARA

Garwin Cockhead suffered a heart attack, his heart was in such bad condition that he was put on the transplant list. Because of lifestyle changes he made after the heart attack his heart has become stronger and he may be taken off of the transplant list.

began in August 2012 while cutting the grass at his Niagara Falls home. He started to feel a peculiar pain in his back. It spread from his spine into his arms. He started to sweat uncontrollably.

Next morning, the pain and the sweating were worse. He visited his doctor, who immediately sent him to the Greater Niagara General Hospital.

It was heart attack, not a muscle spasm.

Cockhead was rushed to the Hamilton General Hospital to have a stent put in his chest to improve blood flow.

The immediate crisis had passed, but Cockhead's health was rapidly declining. The lower part of his heart had been badly damaged in the attack, requiring surgeons to implant a pacemaker and defibrillator in his chest.

Over the next several months, he grew increasingly weak and suffered painful attacks of shortness of breath caused by fluid buildup around his heart.

"It was so bad I couldn't really walk. I couldn't do anything," he says.

By spring 2013, Cockhead

was a shell of his former self. But his heart appeared to have recovered somewhat.

So doctors enrolled him in the NHS cardiac rehab program to encourage further recovery of his heart. Meanwhile, they placed Cockhead on the transplant list.

He began his physical training shackled to that pager.

NHS exercise specialist Steve Walker says the program is designed to slowly strengthen the bodies of those who have suffered cardiac problems, from people recovering from heart attacks to patients who have had major surgery.

"It helps improve what they can do every day, improve their energy, help alleviate depression and anxiety," Walker says. "We know exercise has several benefits beyond just improving the condition of the patient's cardiac health."

Cockhead says he could not do more than five minutes of slow pedalling on a stationary bike when he started.

"I wanted something better for myself," he says. "So the first week, I could only do five minutes. OK, I thought, so I wanted to get up to six minutes by the end of the next week. Then seven. Then eight."

Now he can ride the stationary bike for 20 minutes at a time before taking a short break and doing another 20 minutes on the treadmill.

"I can see a light at the end of the tunnel now," he says. "I can see a future for myself."

■ STRATEGIC PLAN

Conservation authority disposes of 'dispose' in heading

ROB HOULE
QMI Agency Niagara

Niagara Peninsula Conservation Authority directors are moving forward with a new strategic plan after disposing of a contentious word.

The word "disposal" was removed from a section titled New Acquisition Disposal Criteria prior to board members voting to put the plan in motion at the NPCA's public meeting last week at Ball's Falls Conservation Area.

In the lead-up to the final draft of the strategic plan and at Wednesday's meeting, board members got an earful from conservationists concerned the plan included the word "disposal."

"The concept of the disposal of NPCA properties, although re-worded, is continued in the current version of the strategic plan," John Bacher said in an address to the board. "Existing properties need to be recognized as core natural areas, part of the important 18% of forested habitat which needs to be expanded."

Albert Garofalo, like Bacher, had issues with other parts of the strategic plan but also took aim at the wording.

"Simply removing the word 'disposal' and some of the contentious issues ... will go a long way to making (the strategic plan) more acceptable," Garofalo said.

Garofalo wanted clarity on the plan's acquisition criteria, with one objective that asks if the property is outside the urban

area. He said it's not clear if that means lands inside or outside the urban boundary would be looked at or not looked at.

Another criteria objective asks if "the property (is) already protected through legislation?"

"Legislation such as the Provincially Significant Wetlands only protect wet areas, they do not protect uplands," Garofalo said. "What would be proposed, then, to sever off upland areas and establish just wetland areas?"

Garofalo said he sent a letter to the board with questions that were not addressed.

"In that letter ... I had questions about if lands were to be disposed of — conservation authority lands — would they first be offered to a local land trust or conservation organization or to the municipality or county in which those lands lie?" Garofalo said.

Carmen D'Angelo, a City of Hamilton citizen appointee to the board, supported the amendment.

"I've been here, on the board, for eight years. I don't think we ever agreed to sell a parcel (of land)," D'Angelo said. "I know we've been approached by a number of proponents asking us to sell our land, and out of the 36 land holdings we've never sold a piece of property."

At the end of the meeting, the board voted to allow staff to enter into negotiations for two properties — a 15-acre lakeshore site in Wainfleet and a 168-acre lakefront property in Hinkley.

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LOCAL NEWS

■ SAUDI ARABIA

College's Taif classes men-only

MARYANNE FIRTH
Tribune Staff

When Niagara College takes on its latest venture in Saudi Arabia, it will do so with only men in the class-room.

The college recently learned it won a multimillion-dollar bid to operate a hospitality, tourism, culinary and business campus in Taif, a city in the country's Mecca province.

Though the five-year agreement has yet to be finalized, negotiations are underway and an anticipated September start has been put in place. Tenders were issued in the fall by the Colleges of Excellence of Saudi Arabia for operation of 28 vocational and technical training colleges.

"Thirteen of the colleges

are aimed at men and 13 are aimed at women. It's an even split," said Sean Kennedy, Niagara College's vice-president of student and external relations.

The college, he said, chose to bid on the Taif campus because its programming aligned naturally with classes offered at the school's Niagara-on-the-Lake campus.

The Middle East campus will focus on training "young Saudi men," with both faculty and student positions reserved for males, Kennedy said.

Women will be allowed on campus and are expected to hold support staff positions. Additionally, the on-campus learning enterprises — a teaching hotel and restaurant — will be "a mixed-gender environment," he said.

Niagara College has been working in the Middle East nation since 2006, delivering office administration training in the cities of Riyadh and Jeddah through partnership with King Fahad Specialist Hospital and Research Centre.

The program, which is still underway, is geared mainly toward women, Kennedy said, though men have also participated.

To date, Niagara College has only hired female faculty, between five and 10 women, for the hospital program — all returning with positive feedback of their overseas experience, he said.

That feedback, he added, reinforced the college's decision to bid on the Taif campus project.

Kennedy said the college intends to continue exploring opportunities to train both

men and women in Saudi Arabia, supporting "major changes initiated by the Saudi government."

"Education is a catalyst for change," he said, and the college intends to improve access to quality education through its work around the world.

The college has worked in more than 20 countries and "each is different one way or another than Canada," Kennedy said.

"It's inherently one of the joys and challenges of working abroad. Things are different," he said.

"But the hopes, dreams and aspirations of students are very much the same."

Asked about the stance of the Ministry of Training, Colleges and Universities on single-gender classes, spokeswoman Tanya Blazina said it's acknowledged that "all-



Richard Brown
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male and all-female learning institutions are part of the education system worldwide, including in Ontario."

"I think it's important to note that Niagara College, and any other Ontario college selected to operate a college in Saudi Arabia, will be expected to operate in accordance with the laws and customs of Saudi Arabia," Blazina said.

"This will involve hiring staff and recruiting students in a manner that respects the beliefs and values of Saudi Arabia."

The Ontario college system, she said, is "held in high regard all over the world."

"We believe that when we share our knowledge and experience with other countries, we advance the values we hold in Ontario," she said.

"Education outreach to different cultures can only benefit both sides as we learn from each other."

Ontario Public Service Employees Union Local 242, which represents Niagara College faculty, had yet to have a meeting to discuss details of the project with administration.

"The fact that we're getting into bed with a country where human rights are really questionable — I'm not happy about that," said union local president Sheri Rosen.

She declined to comment further until a meeting could be scheduled to learn more about the specifics of the campus.

maryanne.firth@summedia.ca
Twitter: @mfrinTribune



SUPPLIED PHOTO

Niagara College has won a bid to operate a campus in Taif, Saudi Arabia. The Middle East campus for the school whose mascot is the Knights is pictured above.



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LOCAL NEWS

■ ENTERTAINMENT

TV show looking for Niagara's worst drivers

BILL SAWCHUK
QMI Agency Niagara

They are back at it again. Canada's Worst Driver, the TV show that has featured a number of Niagara connections over the years, is accepting nominations for Season 10.

The show has included a harrowing trip for Canada's worst drivers from St. Catharines to Niagara Falls, and one of the more unforgettable contestants in its history, Dale Pitton of St. Catharines, who appeared

twice.

"We've been through a lot of drivers over 10 years, but Dale is one of the most memorable," said Meredith Veats, the casting director of the show, which airs on the Discovery Channel.

"She had a great sense of humour and she was a lot of fun, but she was so unaware of where she was and vehicles around her. At times, it seemed as if she was totally unaware of the rules of the road. She came back a second time to get some

more training and prove she isn't that bad."

Despite her struggles, Pitton said she enjoyed the experience and would do it again.

The televised boot camp follows some of the most dubious drivers in Canada. They are put through a controlled driving environment to curb their worst excesses with the help of expert coaching. Week by week, drivers earn the right to get back onto the roadways, with one unlucky driver finally declared the coun-

try's worst behind the wheel.

"I think the best advice I could give anybody is really, really pay attention because it could save your life someday," Pitton said of her time on the show.

"Although there is some comedy in it, they really want you to learn the manoeuvres. It's kind of like a soap opera, but you never know what is going to happen because it isn't pre-scripted. Everything that you see on television happened. There was one guy on the show with me who cried every time he put his car in reverse."

Season 7 in 2011 featured a drive from atop the parking garage on Ontario St. in St. Catharines to a driver rehab centre in Niagara Falls. At the time,

the destination was kept a secret because it was a closed set. Producers thought it would be dangerous with so many bad drivers careening around Niagara's roads at high speeds.

The show is looking for a new batch of bad drivers, Veat said, and accepting nominations until March 15 on the website Canadasworst-driver.com.

"We are looking for a cross-section of bad drivers," Veat said. "We don't want all aggressive drivers or all nervous drivers. We also want the drivers who are a bit distracted — drivers who can't help but put on makeup or are on the phone or texting."

Veat said the goal of the show is to find the worst driver in Canada and help him or her become improve.

"We are trying to take terrible drivers off the road and give them all the skills they need to get better, by putting them into challenges and give them hands-on behind-the-scenes training as well as big, over-the-top challenges before we release them back onto public roads."

"Some people see the challenges as way over the top and ask, 'Why are they parallel parking a bus?'"

"But if you can parallel park a bus, when you go home to park for four-door sedan it is going to be easy-peasy. The goal is to get them to do the larger-than-life situation, so back in real life driving becomes manageable."

bill.sawchuk@sunmedia.ca
Twitter: [bill_standard](#)

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by J.B. Priestley
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The Philadelphia Story

by Philip Barry
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SHAW FESTIVAL 2014



Dale Pitton on the set of Canada's Worst Driver with her nominator, nephew Danny Pitton.

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LOCAL NEWS

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IN BRIEF

Cocaine, cash seized

Niagara Regional Police seized \$1,100 worth of cocaine plus \$3,250 in Canadian and U.S. cash Thursday as a result of an ongoing investigation into drug dealing on Welland's east side.

Police executed a search warrant at a Randolph St., where they said they also found \$100 in prescription pills and \$95 in cannabis resin.

Ronald Tsanoff, 41, of Welland is charged with two counts of possession of a controlled substance for the purpose of trafficking, possession of a controlled substance, and possession of proceeds of property obtained by crime under \$5,000.

George Ryan, 57, of Welland is charged with possession of a controlled substance for the purpose of trafficking.

Police warn of scam

Niagara Regional Police are reminding people who receive unsolicited calls from government agencies or financial institutions to be vigilant of potential scams.

A Niagara resident was recently contacted by phone from a male who identified himself as an employee of Canada Revenue.

The caller advised the victim that there was an outstanding debt owed to Canada Revenue in his name. The caller also threatened the victim with prosecution or deportation if the fine was not paid immediately.

The victim was instructed to attend a store and purchase prepaid credit cards then call a number provided by the suspects so they could record the credit card numbers to pay for the outstanding debt.

Canada Revenue or any government agency will not ask for payment with gift cards or payment using a money transfer service, police said.

There has also been a similar scam that is conducted by e-mail. Samples of fraudulent e-mails can be located on the Canada Revenue web site www.cra-arc.gc.ca/ntcs/trdntmis-eng.html.

Contact police to report any suspected scams.

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RINGWORM



RON PARTON
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Ringworm is a common name for fungal skin infections. These types of infections are also referred to as tinea. They affect approximately 10% to 20% of the population. Ringworm appears as rings or round red patches with clear centers and red, scaly borders. Tinea can affect the scalp, nails, or skin.

Management for superficial fungal infections involves some simple non-drug methods, and over-the-counter remedies in the form of sprays lotions and creams. Affected individuals should try to reduce moisture in the affected area. Loose-fitted clothing made of cotton or material that absorbs moisture should be worn. The skin should be dried completely before covering with clothing. If the infection involves the feet, flip flops should be worn with bare feet to prevent spread to others and reinfection.

There are also many topical antifungal agents available. Examples include CANESTEN CREAM (clotrimazole), NIZORAL SHAMPOO (ketoconazole), and MONISTAT-DERM (miconazole), to name a few. Creams and solutions are useful because they can be rubbed into the area. Solutions work in hairy areas because they are easier to apply. Powders can serve as useful additions to creams and solutions. They are helpful when the infection is wet or oozing, or where a drying agent is needed. When applying the antifungal product it should be applied to the lesion as well as one to two inches around the lesion. The antifungal should also be used for one to two weeks after lesions clear to reduce the rate of recurrence.

Patients who have diabetes, or those who are immunosuppressed may need prescription oral therapy. It is best for your doctor to assess these fungal infections. Fungal infections of the nail are also resistant to over-the-counter treatment.

There are some home remedies for treating nail fungus. Patients have tried applying VICKS VAPORUB and tea tree oil. There is not a lot of evidence to suggest the efficacy of these products for this condition, however some people may wish to try them before resorting to an oral medication.

If you think you may be affected by a fungal infection there are a number of treatment options available. Most issues can be resolved with some persistence and the proper product. Please speak to your pharmacist about what option is best for you.

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Effective speaking



SUPPLIED PHOTOS

The Fenwick and Fonthill Lions and Lioness held its annual effective speaking contest at the Fenwick Lions Hall, Feb. 24. Winners were Caleigh McCall, junior third place Pelham Centre, Julia Labricciosi, junior second place A.K. Wigg, Sofia Labricciosi, junior first place A.K. Wigg, Dennis Scheile, senior first place E.L. Crossley.



The Lions district A2 effective speaking contest was held March 2 at the Port Colborne Lions Hall. Winners were Junior: Sofia Labricciosi, A.K. Wigg, Fonthill, Intermediate: Mikenzie Sandy, Hagersville Secondary, Senior: Dennis Scheile, E.L. Crossley. Front from left, Mikenzie Sandy, Sofia Labricciosi, Back, Jason Hockley, president of Port Colborne Lions, Jim Rohrbach, district A2 governor, Katherine Reid, effective speaking chair and Dennis Scheile.



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PELHAM DATEBOOK

MARCH 7

RED CROSS BABYSITTER

course offered at Wainfleet Township Public Library, 9 a.m. to 5 p.m. This fun, interactive course teaches youths aged 11 to 15 how to be prepared and responsive caregivers. Cost \$45. Bring a lunch and a doll or teddy bear. Call 905-899-1277 to register by March 3 as space is limited.

WORLD READ ALOUD DAY

is observed at 2:30 p.m. at Wainfleet Public Library. Listen to stories, play some games and help make a "story quilt" that will be showcased in the library's front entrance when complete.

PASTA DINNER

at Bethel United Church, 5 p.m. to 7 p.m. Adults \$10, children four to 10 \$5. Silent auction also. For tickets call 905-704-9095 or 905-735-6467.

WORLD DAY OF PRAYER

Streams in the Desert is the theme of this year's World Day of Prayer written by the



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women of Egypt. For the churches of Wainfleet, this will take place at Wainfleet Brethren in Christ Church on Perry Rd. at 1:30 p.m.

WORLD DAY OF PRAYER

service at St. John's Stevensville United Church, 14789 Sodom Rd., Snyder, 1 p.m. For more information call Phyllis at 905-871-5968.

WORLD DAY OF PRAYER

service will be held at Fonthill Baptist Church, 1414 Pelham St., at 2 p.m. Rev. Heather Myers will be guest speaker.

MARCH 8

MONSTER MISCHIEF

runs 10 a.m. to 11 a.m. at Wainfleet Public Library for all ages.

FAMILY FLICKS

The Diamond Trail branch of Wainfleet Public Library is showing *Khumba* at 1 p.m. The movie is free and runs for 85 minutes.

MARCH 9

NFB FILM AT LIBRARY

Wainfleet Public Library is showing National Film Board of Canada production *Chi*. Canadian actress Babz Chula invites you to witness her battle with cancer and her journey into the unknown.

The film begins at 2 p.m. and is free.

MARCH 10

PORTRAIT COLBORNE HISTORICAL

Society meets at 2 p.m. at Portliff Village Retirement Home. Guest Tom Whitelaw from the Canadian Canal Society will speak on the Rideau Canal. All welcome. For more info call 905-834-4143.

MARCH 12

RAINBOW PRAYERS

This prayer gathering offers a unique opportunity to experience prayers from many sources – Jewish, Buddhist, Islamic, Baha'i, Hindu, Christian – and to appreciate their common threads of meaning and devotion. Light refreshments and discussion, 7 p.m. to 8:45 p.m. at Wesley United Church, 244 First Ave., Wainfleet. These free meetings occur regularly every other Wednesday and are sponsored by the Baha'is of Wainfleet.

MARCH 13

PASTA NIGHT AT CASA DANTE

Takeout dinners are available for \$8 from 3 p.m. to 6:30 p.m. Sauce, meatballs, minestrone soup, and pasta fagioli are also available for takeout.

MARCH 14

ST. PATRICK'S DAY DANCE

to support the Keagy Lynn Fund is at the CAW Hall on Steel St. In Wainfleet. Tickets are \$10. Door prizes, auction table and spot dances with music by Rural Roots starting at 9 p.m. Doors open at 8 p.m. Tickets are available at the door or by calling Mary Dolan at 905-735-9526.

MARCH 15

DUCKS UNLIMITED

Port Colborne hosts a dinner and auction at Brebeuf Hall. Early bird draw Feb. 21. For tickets call Sharon at 905-

834-9556.

MARCH 16

HUNGARIAN SPRING LUNCH

at the Hungarian Hall, 361 Hellmuth Ave., Wainfleet, 12:30 p.m. At 2 p.m. will be a commemorative program to remember the March 15, 1848, revolution. Menu: vegetable soup, cabbage rolls, breaded chicken, potato, salad, coffee, tea and dessert. Tickets: Adult \$20, children \$10. For tickets call Anna at 905-735-0559, Eva at 905-734-3593 or Tibor at 905-735-6447.

MARCH 17

FREE EMPLOYMENT HELP

Learn how to create a job-winning resume and cover letter. Presented at Pelham Public Library, 2 p.m. to 4 p.m. by Niagara College Employment and Training Solutions. Register ahead by calling 905-892-6443.

Continued on Page 20

Dr. Kimberly Dobson



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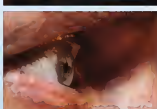
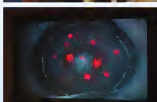
Dr. Andrew Taylor knows how challenging it can be for consumers deciding on laser vision correction procedures. Understandably anyone would be confused by the wide range of fees associated with laser eye surgery. Some centers are offering quotes as low as \$299 per eye with very vague guarantees. Consumers have caught on to the fact that these fees are never really as low as they seem. If you can't trust the advertised price, then how can you trust that provider to perform your surgery? These are your eyes, and the best guarantee in laser eye surgery comes directly from your surgeon, equipment and the professional staff that support both.

At Lasik Provision, laser vision correction is viewed as an art form. Dr. Andrew Taylor has hand selected an experienced team of individuals who are constantly striving to provide the finest in all aspects of your lasik experience. Dr. Andrew Taylor will personally perform your laser eye surgery. He has been serving the residents of South Western Ontario and the Northern United States for over 20 years. He can draw upon a personal experience of having performed over 100,000 successful lasik procedures to achieve the results you desire. Lasik Provision has superior technology and Dr. Andrew Taylor has personally used every major laser platform that is used in North America today. He lectures internationally in the field of laser eye surgery and on laser platforms. He is involved in the regulatory studies for the approval of new devices and procedures.

Dr. Andrew Taylor has chosen the Zeiss MEL 80TM Excimer laser and the VisuMax Femtosecond Laser as his preferred platform. Carl Zeiss is internationally renowned for their expertise in optics, their lenses are likely to be the ones you use at home in your cameras. Carl Zeiss Meditec utilizes advanced engineering profiles which produce superlative, predictable refractive outcomes which is what you want as a refractive eye patient. The Zeiss MEL 80TM Excimer laser custom treats every eye with Wavefront technology. This laser is one of the fastest in the world; it uses dual eye tracking for accuracy and centration. It also uses aberration-optimized algorithms to reduce the incidence of night glare. Visual quality and stability is unsurpassed with the Carl Zeiss laser platform. The MEL 80TM laser has the newest technology providing correction for the presbyopic population. It is known as Zeiss BLENDED VISION, and is based on the principal of micro-monovision. It allows the eyes to maintain different focusing depths. Both eyes are corrected for intermediate distance at all times with one eye having a range of vision extending to distance and the other eye having a range of vision extending to near. This creates a functional range of clear vision across all visual fields; near, intermediate and far. The laser reshapes the cornea using different power zones to create useful spherical aberration; making the image disparity between the two eyes so small that the brain doesn't notice which eye it is using for far and near. This is the most exciting device in laser eye surgery today.

Lasik Provision is using the Carl Zeiss Meditec VisuMax Femtosecond laser for all flap creation in laser eye surgery. Dr. Andrew Taylor is performing bladeless lasik procedures. It provides maximum safety and comfort for the patients. It creates a thinner flap, allowing patients with thinner corneas an opportunity to have the potential for lasik. It uses minimal energy, allowing more precision and less tissue disruption and therefore faster healing.

Your eyes are precious and Dr. Andrew Taylor looks forward to providing you with a level of care that exceeds your expectations. Life was not meant to be viewed through glasses or contact lenses; life is about freedom. With these new technological breakthroughs, there has never been a better and safer time to experience the freedom so many millions of people have enjoyed with laser eye surgery.



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PELHAM DATEBOOK

MARCH 20 LEGO TIME

at Wainfleet Township Public Library, 6 p.m. to 7:30 p.m. Children of all ages are invited to drop-in to build a Lego or Duplo creation. Do not bring your own Lego.

MARCH 22 PADDLE AUCTION

for the Pathfinders runs 10 a.m. to 2 p.m. at the Goodwill building, Plymouth Rd., Welland. It's a fundraiser for the Welland Pathfinder's trip to Europe. Many vendors to choose from. Bring your quarters.

MARCH 24 BOOK SALE

running until March 29 at Pelham Public Library. Gently-used books for sale, games,

puzzles, CDs, DVDs and more. On the 29th fill a grocery bag for \$2.

MARCH 27 CLASSIC BOOK CLUB

at Wainfleet Township Public Library, 2 p.m. to 3 p.m. This month's selection is *My Antonia* by Willa Cather. Call 905-899-1277 to register as a book club member.

MARCH 31 EVENING BOOK CLUB

at Wainfleet Township Public Library, 6:30 p.m. This month's selection is *Vanishing Acts* by Jodi Picoult. Call 905-899-1277 to register as a book club member.

WILD WEST SHOWMAN

Tom Bishop Sr. of Ridgewillie will talk about his career as producer of Wild West show

and being a trick rider, stunt man and animal wrangler. This year, Tom Bishop's 48 Ranch Productions is celebrating 100 years, as a third generation carries on with "North America's Only Surviving Wild West Show." Starts 7 p.m. Cost \$4. Register ahead.

APRIL 2 NSNAP

Niagara Spay Neuter Assistance Program is holding a spring Easter sale and fundraiser, April 2 to 6 in front of the Fairview Mall Zehrs. New and nearly new gift items, housewares, clothing, jewelry, baking and more. All funds go to spay/neuter in Niagara. Donations, cat food and volunteers gratefully accepted. Contact 289-897-8514 or see www.niagraspayspaysneuterassistance.org.

APRIL 6 EASTER EXTRAVAGANZA

for Welland Pathfinders and Rangers runs 11 a.m. to 4 p.m. at Royal Canadian Legion Branch 4, 383 Morningstar Ave., Welland. Penny table, straw game, children's games and egg decorating. Lunch and refreshments available.

APRIL 8 THE SCOOTER DIARIES

an adventure romance through Latin America. In 1959, Ron Bowman quit his job as a reporter and bought a 1950cc Lambretta scooter intending to ride from Thorold all the way to South America. Three weeks before the trip, he was utterly smitten by a beautiful young woman. The farther south he rode, the more he began to feel that he had made a horrible mistake and had left the woman

of his dreams behind. He finally asked her to fly to Mexico City, marry him, and continue onto South America. Would she be willing to take a leap of faith and marry an irresponsible character whom she had only known for three weeks? Tove Bowman will be at the Pelham Library, April 8 at 7 p.m. to tell their story \$4, registration required.

APRIL 13 BECAUSE YOU CARE

spring fashion show and luncheon in support of Walker Family Cancer Centre in St. Catharines will be held at Riverstone Event Centre in Welland, featuring fashions and accessories showcased by 270° West, Casual Ladies Wear and Monica's of Welland, fine quality intimate apparel and mastectomy fitting. Doors open at 12:30 p.m. and the day will also include lunch,

entertainment by the Mantini Sisters, raffle prizes, door prizes and a special gift for all attendees. Tickets are \$40, available at Monica's of Welland, 86 West Main St., or 270° West, 224 West St., Port Colborne.

ONGOING E-READERS

and Chromebooks are now available for loan at Port Colborne Public Library. Drop by the library for more information.

ECUMENICAL LENTEN

services are being held at St. James & St. Brendan Church, 55 Charlotte St., Port Colborne, featuring a guest speaker and music. The noon services are every Thursday from March 20 to April 17, followed by a soup and bread lunch. Price of lunch is \$5.

Continued on page 21



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\$5 BAG SALE

at the St. Vincent de Paul store, 51 East Main St., Welland, Feb. 24 to March 1. Monday to Friday 10 a.m. to 4 p.m.; Saturday 10 a.m. to 3 p.m.

EASTSIDE VILLAGE BINGO

The Golden Age Club hosts Eastside Village Bingo every Friday starting March 7, at 184 Mitchell St. in Port Colborne. Doors open at 6:30 p.m., game starts 7 p.m. sharp. The jackpot starts at \$500. For more information call 905-834-0683.

VETERANS AFFAIRS

visits Royal Canadian Legion Branch 4 on Morningstar Ave., Welland, the first Tuesday of every even-numbered month, starting at 9 a.m. First come, first served.

ROSE CITY TOASTMASTERS

meets Thursdays, 7 p.m. to 9 p.m. in the Lower Community Room of Welland Arena, 501 King St. We focus on improving communication skills in a friendly, supportive atmosphere. Your first three meetings are free. Call 289-696-3167 or visit welland.toastmastersclubs.org.

A CAPPELLA NIAGARA

Men's Chorus invites singers for fun,

fellowship and fabulous four-part harmony at Welland Community Wellness Complex, 145 Lincoln St., on Tuesday nights at 7:30. For information call Kerry at 289-820-6584 or Bob at 905-892-2336.

BREWEREMENT SUPPORT

Anyone who is grieving the loss of a loved one, meetings are every second and fourth Thursday of the month at St. Kevin's church (Hospitality Room) from 7 p.m. to 9 p.m., 303 Niagara St. Call 905-732-3969 for further information.

AT WELLAND LIBRARY

For information on all programs offered by Welland Public Library call the library at 905-734-6210, visit the information desk or see www.welland.library.on.ca.

OPEN ART NIGHTS

Join us every Tuesday from 8 p.m. at 75 West Main St. Open to all adults. Bring your own equipment, supplies, and materials and enjoy a social environment with other creative people. Open to painters, illustrators, photographers, or all other creative forms. For more information, contact deadpops70@gmail.com or check out bpbv.ca.

SPAN

(Single Person Association of Niagara) is a social club since 1982 for mature singles who meet and mingle at Iggy's Pub, 115 Hwy. 20, Fortnithill, every Tuesday 6 p.m. to 8 p.m. Members get a monthly calendar of social activities. For further information call Lynne at 905-788-0359.

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Vitamin C and Lysine Powder Help Prevent Heart Attacks

W. Gifford-Jones, MD

Why is heart attack the number one killer in this country?

Ninety-nine percent of doctors say it's due to atherosclerosis (hardening of arteries) and that cholesterol lowering drugs are the primary way to treat it. But I suggest cardiologists have closed minds and are ignoring facts that could save thousands of North Americans from coronary attack.

Years later Dr. Linus Pauling, two-time Nobel Prize winner, is ignored for reporting that large amounts of vitamin C and lysine are needed to prevent coronary attacks. Twenty-five years ago Pauling reported that animals make vitamin C and humans do not. That's why sailors died of scurvy during long sea voyages, but the ship's cat survived.

Vitamin C is required to manufacture healthy collagen, the glue that holds coronary cells together, just like mortar is needed for bricks. Lysine, like steel rods in cement, makes collagen stronger. Pauling claimed it takes a mere 10 milligrams to prevent scurvy, but several thousand to prevent heart attack.

Williams Stehbens, Professor of Anatomy at Wellington University in New Zealand, proved Pauling was right. Stehbens' research showed that coronary arteries closest to the heart are under the greatest pressure. This causes collagen to fracture resulting in the formation of a blood clot and death.

Dr. Sydney Bush, an English researcher, has now proved that vitamin C can reverse atherosclerosis. Bush took retinal photographs, then started his patients on high doses of vitamin C and lysine. One year later additional pictures showed atherosclerosis had regressed in retinal arteries.

So what has happened to these monumental findings? Bush, like Semmelweis, has been ridiculed by cardiologists. One has to ask whether cardiologists, by ignoring his results, are condemning thousands of people to an early coronary heart attack.



FREE

Step by the store for a FREE copy of Dr. Gifford Jones' 'What I Learned as a Medical Journalist'. No purchase necessary. Limited quantities. While supplies last.

Fourteen years ago following my own coronary attack, cardiologists claimed it was sheer madness for me to refuse cholesterol-lowering drugs. Instead, I decided to take high doses of vitamin C plus lysine with breakfast and the evening meal, for several reasons.

I knew that Dr. Graveline, a physician and NASA astronaut, had twice developed transient global amnesia from taking Lipitor. I was also aware that patients have died from CLDs. Others have developed kidney, liver and muscle complications. I also believed the research of Pauling and Stehbens irrefutable. Now, the work of Dr. Bush has convinced me my decision was prudent.

But to take large doses of vitamin C and lysine requires swallowing many pills daily. It's a tall order for those who dislike swallowing one pill. So for several years I've been trying to find a company that would manufacture a combination of vitamin C and lysine powder. Now **Medi-C Plus** is available at health food stores.

The dosage for the **Medi-C Plus** combination is one flat scoop with breakfast and the evening meal. Those at greater risk should take one flat scoop three times a day. If high doses cause diarrhea, the dose should be decreased.

This column does not recommend that those taking CLDs should stop them. This is a decision that can only be made by patients and doctors.

Most of today's cardiologists are impervious to persuasion. They continue to believe that cholesterol-lowering drugs are the be-all-and-end-all to prevent heart attack. They've been brain-washed by millions of dollars worth of promotion by pharmaceutical companies. It reminds me of the saying that cautions "It's not what you don't know what gets you into trouble, it's the things you know for sure that ain't so!"

It's time for cardiologists to have an open mind and stop ignoring this research. As for me -- I bet my life on it!



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